



The Branch

February 2017

Newsletter of WILTSHIRE RETIRED FIREFIGHTERS ASSOCIATION

LOTS OF PRAISE FOR CHRISTMAS LUNCH



CFO Ansell, The Mayor of Devizes, and Chairman Chris Wannell pose by the 1943 turntable ladder use to transport the Mayor to The Bear Hotel, Devizes, the venue for our Christmas Lunch.

Photo by John Craig

On 20th December 2016 our Association held its Christmas Festive Lunch at the **Bear Hotel, Devizes.**

A record attendance of 58 filled the ballroom where the three-course meal was served.

The quality of the cuisine and the service was outstandingly high and the feedback from those attending has all been very positive and full of praise. This has motivated the Secretary/Treasurer to rebook and the WRFA Christmas Lunch for this year will be held at the same venue on Saturday 16th December. Mark your diary!

Councillor Jane Burton, the Mayor of Devizes, was guest of honour with her Consort. More pictures and details on page 2.



Photo by John Craig

Christmas Festive Lunch

(Continued from Front Page)

With Chris Wannell at the wheel and with the Mayor of Devizes riding as crew, the veteran hand-operated turntable ladder owned by Chris arrives at the Bear Hotel, Devizes.

The Mayor, Councillor Jane Burton, thoroughly enjoyed the drive, particularly having the opportunity to give the hand bell a spirited clanging.



Those attending gave excellent support to the raffle that raised £180.00 for the FIRE FIGHTERS CHARITY.

CFO Ben Ansell gave a speech in which he expressed his understanding of the important job that organisations like WRFA do. He pledged his support to the Association and wished us well for the future.



DREAMS CAN COME TRUE!

By Graham Vanstone

Little did I know as a child in the 50's struggling to assemble a Frog 'Spitfire' aircraft model kit (without getting glue all over the kitchen table) that one day, not only would I get up close to the real thing, but I would get to fly in this beautiful machine.

Having learnt that the CAA had relaxed their restrictions preventing the public flying in this ex-military machine, I contacted **Biggin Hill Historic Hangar** and booked an extended flight all the way to the coast. So, I got to experience flying in a Spitfire along the White Cliffs!



Fortunately, the morning of 13th September was hot and sunny. I stepped out onto the viewing balcony , and there in front of the building was this iconic aircraft just sitting there bathed in sunshine. It was not hard to imagine the adrenalin rush the young pilots must have experienced as they scrambled to these very aircraft during those challenging times of the '40s.

On the day of the flight, the three of us that had booked to fly were required to attend a **pre-flight briefing**. Great attention was paid to safety. This was particularly important because it was explained

that this actual aircraft had been built at Castle Bromwich back in 1943, at a time when it was considered lucky if any of the aircraft produced their survived for longer than 13 weeks on active service. In fact, this actual aircraft, MJ627, code 9G-P, had a very successful war record, including on one occasion intercepting and shooting down a Messerschmitt Bf109 over Arnhem during the D-Day landings.

The safety briefing continued and included warnings about the lack of creature comforts and refinements. Slightly more worrying was when the instructions turned to 'baling out procedure', information to teach how to leave the aircraft in the case of emergency. We were shown how to jettison the canopy, lower the side door flap and on instruction from the pilot "jump out".

It was at this point that minds and attention started to become more focused. This was getting serious now! However, no amount of fear or concern for safety was going to stop me climbing into that cockpit.

Space was extremely tight as I wriggled myself between the various control knobs and levers into the small, narrow, metal-edged seat. I found the parachute was the only creature comfort because it made a lovely soft backrest. I definitely appreciated the saying, "you don't sit in a Spitfire; you put it on and wear it."

Having confirmed to the pilot through the aircraft intercom that I had the many belts clipped and I was happy to go, the Merlin engine roared into life with plumes of smoke from the exhaust. Immediately you felt the raw power of the engine surge through the whole body of the aircraft. It was as if the Spitfire was suddenly gripped by a

desperate need to get into the air. Making our way slowly to the runway, the control tower gave us clearance to take off when ready and very soon the engine noise increased considerably and the Spitfire started to strain at the leash. Then, suddenly released the tail wheel lifted, and after a very short run on the tarmac we started to climb over the outer limits of the airfield to our specified flying height.

Having reached our allocated height, the pilot eased back on the power for our flight to the coast. A few minutes later, over all the external radio chatter, I heard the pilot ask if I would **like to try my hands on the controls for a few minutes (silly question!)**

We had to stay within our restricted flight path and even though we were flying very near Gatwick and some private airfields the pilot seemed happy to let me fly the aircraft all the way to the coast which took about ten minutes.

Reaching the coast the pilot took back control because of possible air turbulence we were likely to encounter as we few along the White Cliffs on their sea side. The weather was perfect and the cliffs looked stunning in the sunshine. On reaching Eastbourne, we banked sharply turning out to sea before later returning to fly over land again. Then, the headset crackled into life again and I heard the pilot say that he was passing the controls back to me again for the flight back to Biggin Hill.

By now a little more confident than on the outward trip, my eyes weren't so closely focused on monitoring the



Various dials. I had also begun to feel more relaxed with the extremely sensitive flight controls and I noticed that I had lessened my white knuckle grip I had had earlier on the control joystick. Feeling more relaxed with the controls I felt more able to glimpse the Kent countryside spreading out beneath us in the clear sunshine. Looking out through the canopy at those wonderfully shaped wings with their roundel markings and camouflage, even at 240 mph , the aircraft seemed to just hang their in the air glinting in the sun. It was a truly amazing sight, a forever memory.



Several miles out from Biggin Hill I heard the pilot asking the control tower or clearance to land. I also heard the control tower advising other aircraft to keep clear of a Spitfire on landing approach. Taking back control I heard the pilot say, ***“Let’s finish a good flight with a victory roll”, and over we went. GREAT !!***

As we slowly traversed the airfield back to the hangar , I realised that it had been a day of extraordinary experiences and it left me with an even greater respect and admiration for the young pilots who skilfully flew those beautiful aircraft during the dangerous and frightening times of World War II.

Anyone with a burning desire to fly in a Spitfire will find it very expensive . It costs a four figure sum for only a 20 minute flight but for me it was a lifetime dream come true and worth every penny.

Graham Vanstone





Health Matters
Updates on members
that are dealing with
health challenges



PETER MILLS

At the time of going to press Peter is at home after having had a three month stay in Great Western Hospital, Swindon. He still requires a considerable amount of treatment from the Community Nurses and also the GP. He is still a long way from being well but the good news is that he is making slow progress.

We continue to be filled with admiration for the way Peter is coping with his list of ailments and that admiration extends to Frances too for her resilience under great pressure.

Our prayers and hopes are that the improvement in Peter's health continues without any more setbacks.



Peter Mills



Ken Beard MBE

KEN BEARD MBE

Ken has been admitted to Durrington Ward at SDH, Salisbury. He has several ailments that have robbed him temporarily of the use of his legs.

Ken also suffers with very poor eyesight.

The encouraging news is that Ken is responding to treatment and we hope that he will soon be able to return home and with the aid of physiotherapy regain the use of his legs.

He is 91 years old.

Ken is blessed with having his children living close to him in Ludgershall and they share in acting as his carers

ROBERT ("DAN") GURNEY

Dan went into GWH, Swindon on 20th December for a surgical procedure on his bile duct that is normally done as day surgery. However, complications arose and he was admitted to Meldon Ward.

An infection was diagnosed that was defined as the dreaded sepsis. Dan was very poorly for a considerable time and it took five weeks of in patient hospital care to bring him through the dark days of his illness. Eventually, the antibiotics won the fight with the sepsis and Dan was allowed home. Now he needs to build up his strength and resilience again and we wish him well in doing so.



'Dan' Gurney



HELPLINE

To contact the Fire Fighters Charity call

0800 389 8820

9.00am to 5.00am weekdays

DAVID'S FIGHT BACK TO HEALTH

David praises God for his miraculous recovery



Revd. David Wakefield

Revd. David Wakefield has recently joined our Association. He joined Wiltshire Fire Brigade as a retained fireman at Malmesbury in 1969.

He joined the wholetime service at Swindon in 1975 and his career saw him making progress through the ranks serving at Amesbury , Brigade Training Centre and in the Fire Prevention Department until he achieved promotion to the rank of station officer.

However, he is a man of faith and a committed Roman Catholic so in parallel with his fire service career he was studying for the Christian ministry.

Eventually, this led to him being drawn from his fire brigade career into a deeper and permanent involvement with working for the church.

He is now a deacon at The Church of the Lady of the Immaculate Conception in Devizes and his days are mainly taken up with carrying out pastoral work. This caring ministry brings him great satisfaction.

Around Easter time 2015, David realised he had a problem centred in the sinus passages in his head. Three times he was admitted to Great Western Hospital in Swindon between Easter and July of that year. He then came under the care of consultants at **John Radcliffe Hospital**, in Oxford and an accurate diagnosis was made. This gave David and his wife Liz the unwelcome news that he had a **brain tumour** that had invaded his sinus passages and the front of his skull. David was told that he had but two options. The first was to allow the tumour to end his life and that would take less than six months. The alternative was to take the risk of very complex and potentially dangerous surgery. He opted for the surgery. But first he had to have two cycles of chemotherapy to reduce the size of the tumour. The surgery was carried out by a team of surgeons at John Radcliffe on 18th October 2015. . He was in theatre for 12 hours and after a night in intensive care he was taken back into theatre for a further 8 hours of reconstructive surgery on his skull and face. When you see David today, you realise just how successful that reconstructive surgery has been.

Further surgery of a comparatively minor nature was later necessary. One reason for this was to

repair a tear duct so that his eye can drain properly.

David has had to have 30 sessions of radiotherapy and these ended in January 2016.

David knows that he went forward for all his treatments on rafts of prayer. He and Liz are immensely grateful for the skill and very high quality care shown by the surgeons and all the medical staff that brought him through his very serious illness.

David uses the word 'miraculous' to describe the way that God has used the skill, compassion and dedication of the NHS staff to help him fight back to health again.

Now he continues doing God's work in administering pastoral care and having been so ill himself, he can empathise all the more with the sick and disabled.



David & Liz

OBITUARY



Maurice Armour

Maurice Armour answered the last call on 9th January 2017 in Warminster Hospital. He had been in poor health for several years and his final illness struck in the latter months of last year. Maurice was born in County Durham on 3rd January 1930. His education was disrupted by World War II and he was evacuated to a rural area. This happened to be Chew Magna in Somerset and this gave him an experience of living in the West Country, not very far from the town in which he passed away recently.

On leaving school he found it difficult to settle into a normal routine and took the unusual step of joining the **Norwegian Merchant Navy**. This must have gone some way towards satisfying his craving for adventure and the need to avoid a boring life of routine. He claimed that he circumnavigated the world at least twice during his voyages as a sailor.

He then came ashore and joined the **Middlesex Fire Brigade** in the early 1950s. That was a brigade with a very high reputation and competition to join it must have been keen. He qualified as a fire appliance driver, no mean achievement when one considers the skill and calm temperament needed to weave a heavy vehicle at speed through traffic in greater London area.

Early in his career, Maurice attended the **Harrow and Wealdstone rail disaster** that occurred in October 1952. This is still one of the worst rail disasters in UK history and must have put Maurice and all members of the emergency services under severe stress. 112 people were killed and 340 were injured.

The Middlesex Fire Brigade was amalgamated with **London Fire Brigade** in 1965 and Maurice served on LFB stations in West London including Ealing, Acton, Southall and Wembley. Sadly, Maurice's fire brigade service was brought to a premature end when he was retired on ill health pension in the early 1970s.

Maurice's first marriage ended in divorce but he had four children by that failed marriage. He later met Jean and they were married in 1976. They had no children but did commendable service fostering teenagers starting in the 1990s. At the time of his death, Maurice and Jean had cared for a total of 25 young people. They helped them through the transition from care to independence. The periods of care varied from just a few weeks to two years.

Despite being disabled for the latter years of his life, Maurice tried to keep busy. He enjoyed sea fishing within the limits imposed by his weak back. He was also a prolific reader.

In 2000, Maurice and Jean moved from Hanwell in London to Warminster. Soon after arriving in Wiltshire, Maurice joined the Wiltshire Retired Firefighters Association and it is our fervent hope that Jean will enrol now as a widow member of the WRFA.

We offer our sympathy and condolences to Jean and all the family mourning the loss of Maurice. The funeral service was held on 31st January. Rest in peace, Maurice.

JOHN CRAIG

LOCAL PENSIONS BOARD

The Public Service Pensions Act 2013 and the Public Service Pensions Act (Northern Ireland) 2014 require pensions board to be established for public service pension schemes.

Initially, this will include the schemes for civil servants, armed forces, health service workers, teachers, judiciary, police, local government workers and most importantly **firefighters**.

Pension boards are responsible for assisting pension scheme managers to comply with the regulations and other legislation relating to the governance and administration of the scheme and for monitoring how well this is done. It is not part of the board's remit to challenge investment or funding decisions, but we would have a responsibility for seeing that all due processes



Cyril Moseley

were undertaken in arriving at whatever decision is made.

Where it is considered that a matter has not been properly dealt with, the board has a duty to record the fact and if appropriate, report it to the Pensions Regulator and the scheme manager. Pension boards and scheme managers are themselves monitored and advised by the National Scheme Advisory Board.

The scheme manager for the firefighters pensions is the **fire & rescue authority board**. In the case of Dorset and Wiltshire firefighter pensions this is the Fire Authority, who have delegated it to the Chief Fire Officer., or his representatives. The Chief Fire Officer's representative is in our case **Jane Staffiere, the Head of HR**, who also supports the pensions board by arranging meetings and generally ensuring that the governance process we undertake can be conducted effectively.



The pensions board is made up of an equal number of employer and employee representatives. In the case of Dorset & Wiltshire firefighters pension schemes there are four of each., that is to say, four elected members and four serving or retired firefighters. These are further split to represent both counties. As an example, I represent the retirees and Wiltshire and hold the post of Vice Chairman.

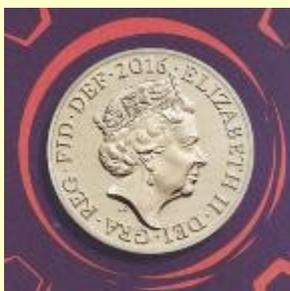
These are early days for Pensions Boards and we are on a steep learning curve, but we are rapidly getting there.

At present the situation has not been helped by the need to integrate two computer systems following the amalgamation of the brigades. , but this is nearing completion and information about the pensions boards will be published and distributed soon. This will include among other things, the responsibilities of the board as a whole and the names of the board members and who they represent.

Cyril Moseley joined the Fire Service in Shropshire as a Fireman and later served in Leicestershire & Rutland Fire Service before being appointed to WILTSHIRE FIRE BRIGADE. He rose to become Deputy Chief Officer before his retirement. He is a WRFA member and now lives in Dorset.

SOCIAL EVENTS

Visit to the ROYAL MINT



Pontyclun, near Cardiff

Saturday 18th March 2017

**Download booking form from www.wrfa.org.uk
or use hard copy one attached with newsletters mailed to
members with no internet access**

Spring Dinner 29th April 2017

*Excellent cuisine
served in a venue
that is attractively
different.*



*Not
to be
missed !*

STEAM MUSEUM

Museum of the GWR

Fire Fly Avenue, SWINDON

Three- Course set menu £25.00

Download booking form from website www.wrfa.org.uk

THE BLUE LIGHT ASSOCIATIONS PLEDGE

Tackling the stigma of Mental Health in the UK Emergency Services

It is only in comparatively recent times that the emergency services in this country have begun to recognise the need to provide care for their staff that suffer from mental illness. There seems good reason to believe that the size of this need has been underestimated for decades.



Andrew Lynch

The Fire Fighters Charity has recently taken the commendable step of signing up to **MIND'S BLUE LIGHT ASSOCIATION'S PLEDGE**. The Pledge is intended to tackle the stigma of mental health within the UK emergency services. Writing about this in the January 2017 editorial to *FIRE* magazine, **Andrew Lynch** points out that our Charity has realised the strong connection between physical injury and the impact on mental health and wellbeing. Andrew has recently become the Chairman of the *Fire Fighters Charity*.

Andrew has access to the statistical evidence held by the *Fire Fighters Charity* that makes quite alarming reading. One in four emergency service workers has considered suicide. A staggering 92 per cent of Fire & Rescue personnel have

experienced stress or poor mental health at some point in their period of service.

In 2016 785 beneficiaries who were receiving rehabilitation therapy for a physical condition from the *Fire Fighters Charity* self-referred for the psychological services on offer. 2,329 one-to-one therapy sessions were provided.

This change by the Charity to being more proactive and taking a whole-person approach to rehabilitation is making the

charity more relevant and necessary than ever before. The feedback from those that have received the help of the psychological services as part of their rehabilitation Andrew has become aware that often the impact has been life-changing. It is important that all members of the Fire & Rescue Service that are serving and those that have retired realise what the *Fire Fighters Charity* is able to do to help them.

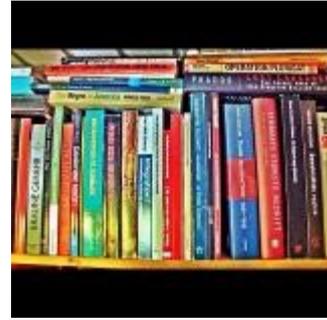
Several members of the Wiltshire Retired Firefighters Association have opted for the psychological counselling while attending for therapy for a physical problem. They have all reported in very positive terms on the benefit of the sessions.

Identifying the need for the psychological services and making provision for them all puts an added financial burden on our Charity. This should be adding stimulus to our fundraising efforts for the *Fire Fighters Charity*. This is not the time for complacency. Let's all examine our personal commitment to the *Fire Fighters Charity*.





Book Shelf book reviews



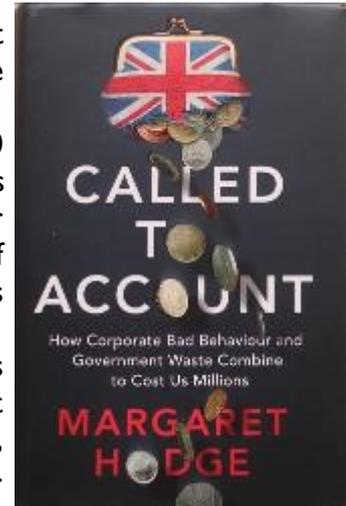
CALLED TO ACCOUNT

Author : Dame Margaret Hodge MP

Margaret Hodge, or to give her full title, Rt. Hon. Dame Margaret Hodge MP, has recently published a fascinating book under the title '**Called to Account**'.

In it she shares some of her experiences from the time between 2010 and 2015 when she chaired the **Public Accounts Committee**. This committee has the power and authority to call before it to account for their actions and decisions a wide range of people including ministers of government, civil servants, military officers, other public servants (including fire officers) and business men and women.

A summons to appear before Dame Margaret and her fellow cross party committee members must have been dreaded. Dame Margaret quickly gained a reputation for being a good inquisitor, sharp, forthright, unpredictable and not slow to show her outrage when the circumstances drove her to it. In short, the perfect person to chair that committee



Margaret Hodge

In her book , Dame Margaret reveals a great deal about how her committee uncovered some truly astonishing failures within Government departments that led and is still leading to £billions being wasted.

The department that seems to be one of the most incredibly inefficient and therefore wasteful is the Ministry of Defence. The chapter headed '*Unconciable Waste*' relates something of the struggle her committee had to wring out of MoD officials the explanations and excuses for the many defence projects that have failed so badly and cost the tax payer eye-watering sums.

But in the following chapter (chapter 12)**Dame Margaret reveals her highly critical views formed after her committee investigated the disastrous attempt to regionalise fire controls.** For obvious reasons I found this to be of great interest. The Public Accounts

Committee clearly did a good job in quizzing the civil servants, politicians, fire officers, contractors and even the Deputy Prime Minister, John Prescott . These jointly carry the responsibility for the failure of this project and the shameful waste of about half a billion pounds of tax payers money.

The book also highlights how Government not only wastes money on a grand scale but also fails the public purse by collecting taxes inefficiently.

I found this book made me angry. The book itself is superbly written and not at all boring. My anger stemmed from the facts revealed in its pages. Why not buy a copy and see how it makes you feel ? It is published by Little, Brown ISBN 978-1-4087-0807-1

JOHN CRAIG

Blues & Twos News

News from the UK Emergency Services



LONDON APPOINTS FIRST FEMALE FIRE COMMISSIONER



Commissioner Dany Cotton

London Fire Brigade has appointed **Dany Cotton** to the post of Interim London Fire Commissioner. Dany was promoted to head the brigade from the post of Director of Safety & Assurance. She has served in LFB all of her career and took over from Ron Dobson on 1st January 2017. The Chair of London Fire & Emergency Planning Authority, Fioana Twycross, commenting on Dany's appointment said, "I think it's worth celebrating that on the anniversary of its 150th year, the brigade has been able to appoint the first woman Fire Commissioner to serve the capital."

UK NOT READY FOR CHEMICAL ATTACKS

In one of her first proclamations after taking over the leadership of London Fire Brigade, **Dany Cotton**, expressed her very real concerns about the inadequacy of the preplanning for an attack by terrorists using chemical, biological or nuclear materials. Her fear is that the public have been given no guidance on how to react to such an attack and many will run away spreading the hazard and making dealing with it far more complicated.



HMS Victory

HMS VICTORY NOW HAS FIRE SPRINKLERS

HMS Victory is without doubt the most famous warship in the world because she was Lord Nelson's flagship at the Battle of Trafalgar. The 250 year old vessel is now a museum in Portsmouth harbour and to ensure her protection from fire a bespoke sprinkler system has been designed and fitted. Painstaking care has been taken to avoid spoiling the character of the ship. Hampshire Fire & Rescue Service and the National Museum of the Royal Navy successfully collaborated on this project.

More news from the Emergency Services

THOMAS REVIEW OF THE SERVICE PUBLISHED

The report into the UK Fire & Rescue Service produced by Adrian Thomas was recently released. It has received a mixed reception from the leading fire & rescue organisations. The Thomas report has 45 recommendations and even if all of these are not fully implemented the impact of those that are seems likely to change the service in radical ways. The Home Office Police and Fire Minister, Brendan Lewis, has welcomed the report and indicated that he is embarrassed by the resistance to cultural change he encounters within the FRS and has made no secret of his determination to see this overcome and wants to see rapid progress in reforms being introduced. Adrian Thomas took well over two years to publish his report.



Brendan Lewis



HAVE YOUR SAY ON COMMUNITY FIRE SAFETY PLAN

The Dorset & Wiltshire Fire & Rescue Service has published a 15 page document setting out the **Community Fire Safety Plan** covering the period 2016 to 2020. The preface states : “ *This document outlines our plans for the future. Yes, it’s about saving lives, but it’s also about ensuring people don’t get into danger in the first place. Prevention, as they say, is better than cure. In this booklet you’ll learn about the diverse services we provide and how we plan to improve and deliver them in the next four years. **This is your fire & rescue service and we’d like to know what you think. Find out more at www.dwfire.org.uk.***

The very well produced document goes on to provide the details of the plan and the **four key priorities are as follows.**



Making safer and healthier choices. This is about educating people to the dangers around them and preventing risk.



Protecting you and the environment from harm. This is our legal obligation to keep buildings and businesses safe for people to use.



Being there when you need us. Our emergency service responds quickly to people who are in danger or distress.



Making every penny count. It’s important we spend our budget wisely, and maximise what we do with it.

It is appreciated that not all WRFA members have internet access and therefore will not be able to access the plan by that means. If you would like to see a hard copy of the plan telephone FRS Headquarters on 01722 691000.

Probably the majority of the WRFA membership didn’t even know that this plan has been published let alone that they could comment upon it. Now’s your chance.

MORE THAN JUST A DINING CLUB!



John Craig
Secretary & Treasurer

I am a member of a number of organisations, both national and local ones. It struck me when paying £20.00 recently to renew my annual subscription to Devizes Probus Club and £30.00 to do the same for the Devizes Musical Theatre that the cost of being a member of WRFA is still only £10.00. We have not raised our annual subscription for many years and I see no reason to recommend an increase at the AGM in a few month's time. However, this very modest subscription has made me focus on just what our members get for their money. The answer "not very much" ought to be the answer, given the very modest membership fee, **but in reality I**

would argue that members of the WRFA get a very good deal and the £10.00 annual subscription represents excellent value for money that few organisations for retired people can match.

We provide a very extensive range of services to our members in obedience to our constitution that makes it abundantly clear that the reason the WRFA exists is **to serve its members.**

The most prominent part of the service is the social life that we provide in the form of lunches, dinners and the occasional outing. This probably explains why some people get the false impression of the WRFA and see it as nothing more than a dining club for pensioners. The true picture is that the WRFA is providing members with all sorts of services and on a 24/7 basis. I have had calls just as I was going to bed asking for help. Weekends are busy too with members' requests for all manner of help coming in by phone, email or letter on a Saturday or Sunday.

It isn't just me that is being kept busy. Our executive committee members are all playing a vital part in ensuring that the needs of members are met as far as possible. We do hospital visits and follow ups on members suffering with ill health. We help relatives of members visit their sick loved ones if they have no transport. We refer members to the *Fire Fighters Charity* or the *BFSA Members Welfare Fund* if appropriate to do so. We have two highly qualified and experienced nurses on our executive committee who give invaluable advice, and support on health matters.

Sadly, as is inevitable with an association with a membership of pensioners, we regularly encounter bereavement. We then do all we can to support and advise the bereaved. So, organising the occasional social event is just the tip of the iceberg and in my opinion, anyone not joining us or leaving because they don't fancy participating in the social occasions is making a big mistake. None of us knows what lies ahead or when we are going to need a helping hand. For just £10.00 a year the WRFA takes pride in serving its members to the highest possible standard. **John Craig**

DISCLAIMER

The views and opinions published in this newsletter are not necessarily shared by the Dorset & Wiltshire Fire & Rescue Service or the Dorset & Wiltshire Fire & Rescue Authority. To contact the editor, please use the contact section of the website www.wrfa.org.uk